

LETTER TO EDITOR

School Bag Weight

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Editor, I read the recent publication on school bag weight with a great interest ^[1]. Nor Azlin *et al.* concluded that “Students from all the three mediums primary schools, in particular Chinese medium school carry school bag heavier than that generally recommended, with unnecessary materials weigh up to 2kg ^[1].” I agree that this is an important problem and it is wise to suggest to the parents to help take care of their children’s school bad weight and for the school to provide school lockers. However, an important concern might be the things within the students school bag. It is interesting to know what is exactly in the school bag. It cannot be presumptively assigned as only learning materials. There might be other unnecessary things such as cartoon books, games, deserts, etc. For sure, these things might be bought and collected into the school bag on the way to school that cannot be controlled by the parents. The study on this topic is useful to assess the actual behavior of school student on carrying things to schools. Last, it should also be mentioned that not only weight but also other factors including duration of carriage, and method of transport to school can result in the pain of school children ^[2].

REFERENCES

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- [2] Haselgrove C, Straker L, Smith A, O’Sullivan P, Perry M, Sloan N. Perceived school bag load, duration of carriage, and method of transport to school are associated with spinal pain in adolescents: An observational study. *Aust J Physiother.* 2008; 54(3): 193-200.

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